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Pelham NEWS

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INSIDE

FARMERS' MARKET SEASON

The market opened its six-month weekly run with all the booths full last week.

It also tied in with community promotions of 6th annual Mayor's Walk, of the Active Transportation Committee's encouragement of walking and cycling, of the town's demonstration of pole walking, the Niagara Bruce Trail Club's discussion of trails and circle routes.

See page 3

See Inside:
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HONOURS: Retired pilot on postage stamp

Dorothy receives stamp of approval

MARYANNE FIRTH Staff File Photo

Dorothy Rungeling, in this August 2008 photo, holds a picture of herself decades ago with her first-place trophy after winning the Governor-General's Cup Race in Toronto. A Canada Post stamp produced in her honour will be available starting Wednesday.

WAYNE CAMPBELL
PelhamNEWS Staff

Dorothy Rungeling flies again, by air mail.

The almost 99-year-old retired pilot said she was surprised when she heard about her birthday present: a postage stamp in her honour.

She becomes the third Canadian female pilot honoured by the Ninety-Nines, an international organization of women pilots Through Canada Post's Picture Postage program.

The program has previously honoured Eileen Vollick, Canada's first licensed pilot, in 2008 and Vi Milstead, a Second World War air transport pilot and later a bush pilot, in 2009.

Just in time for her 99th birthday on Wednesday, four members of the Ninety-Nines will deliver copies of the stamp to one of the first members of the Canadian section of the Ninety-Nines and its Governor in the 1950s.

Rungeling, who is fighting off pneumonia, said with a chuckle she told them, "if any of them have a cold they can't come in."

see STAMP | A2

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■ STAMP

Pelham native was one of Canada's first female flight instructors

FROM PAGE A1

In a telephone interview, she said the stamp "was something different" to receive as an honour.

She is still a member of the Canadian Ninety-Nines.

"It is a big international organization," she said. "I have a CD disc here with names of people from all over the world."

It was founded in the 1920s by 99 licensed women pilots that included Amelia Earhart.

Rungeling was one of the first women instructors in Canada.

She began teaching at the Welland-Port Colborne Airport in the 1950s. She had a commercial license and flew in air races.

Over the past 60 years, women have come a long way as pilots, she said.

While she was considered unusual as a woman pilot, today a woman as a pilot does not raise eyebrows.

"There are a lot more today," she said. "Some are captains of airlines.

"We just have the had the first woman made commander of the Snowbirds (Canadian Forces exhibition team)."

> **"There are a lot more (women pilots) today. Some are captains of airlines. We just have had the first woman made commander of the Snowbirds."**
>
> *Dorothy Rungeling*
> *Female pilot pioneer*

Rungeling is pleased with the higher profile for women.

"That's what I like. That's what I was working toward," she said about her years with the Ninety-Nines promoting women's participation in flight.

Rungeling flew until she let her pilot's license lapse about 1973 when she was in her 60s.

However, the Pelham native still has her driver's licence, 84 years after she got it at age 15.

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■ SHOW: Weather affects attendance

Festival brings out the best in artists

ALLAN BENNER
PelhamNEWS Staff

PELHAM — Pelham artist Kimberly Makkreel brings her sketch pad to a lot of art shows every year, but there's something special about the one in her hometown.

"I like this venue, it's nice," she said while she worked on a pencil sketch of a lion at the Pelham Art Festival.

She was one of about 65 artists from across Ontario, Quebec and the U.S. who brought their best work to the Pelham Arena Friday to Sunday to participate in the 24th annual Pelham Art Festival.

Festival committee member Pat Haftar said there was also a wide variety of different media exhibited during the weekend ranging from sculpture to paintings.

Over the years, she said the show has gained a lot of popularity from artists.

"The artists like to come here because it's a relaxed atmosphere," the Welland resident said.

Since it's the first major show of the season, she said the event gives the artists an opportunity to see the work fellow artists have been doing over the winter.

"It's really cool," she said.

Artists, she added, are "great thieves."

They like to steal ideas from other artists, she said. There were plenty of ideas up for grabs by looking around at the canvasses hung in 84 booths set up on the arena floor.

Although at times, artists can be possessive of those ideas, for the most part they're happy to share.

"You wouldn't directly copy it. You might copy the feel of it or you might use the colour combinations," she said.

And for the most part, that sort of imitation is considered flattery.

For James Kerr, an artist from Niagara Falls and festival committee member, one of the most interesting parts of the show is meeting new artists.

"Every year someone creeps out of the woodwork who just blows you away, that you haven't known or seen before," he said.

Often, he said they're amateurs who are just now showing off their talent.

"The art scene here in Niagara, it's a big family and everybody knows each other," he said, adding it's not easy to be a talented artist in this community without drawing the attention of fellow artists.

Haftar said attendance at the show was also higher than the previous year, although the final number of visitors wasn't available Sunday afternoon.

Despite the increased number of people visiting the show, Kerr said it could have been better yet if the weather had been better Saturday.

"If you looked outside yesterday (Saturday), I don't think people wanted to go outside too much with the wind and the rain and the cold," he said.

"I think it worked against us yesterday."

He hoped, however, that anyone who stayed indoors Saturday would have visited the festival on Sunday instead.

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ALLAN BENNER
Staff Photo
Pelham artist Kimberly Makkreel sketches during the Pelham Art Festival last weekend at the Pelham Arena. The three-day festival featured about 65 artists from Ontario, Quebec and the United States.

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■ **MARKET:** Music, Mayor's Walk and early vegetables

Pelham Farmers' Market opens with a splash

WAYNE CAMPBELL
PelhamNEWS Staff

Tom Ball, chair of the Pelham Farmer's Market, looked down the two rows of full stalls, looked at the people walking up the municipal parking lot and looked up at the sky.

"It's a Thursday night without any rain," he said. "It's got to be the best way to start the season."

The market opened its six-month weekly run with all the booths full last week.

It also tied in with community promotions of 6th annual Mayor's Walk, of the Active Transportation Committee's encouragement of walking and cycling, of the town's demonstration of pole walking, the Niagara Bruce Trail Club's discussion of trails and circle routes.

Local market vendors sold fruit, vegetables, honey, chocolate, cheese, flowers, plants, grape juice, baked goods, soaps, recycled goods, samosas and barbecue hamburgers and sausages.

"Everything is about two weeks early," said Ball who had rhubarb from his Rural Roots farm. "We even have asparagus on some of the stands. That's rather early."

Farmers are a little worried about the weather. With the early crops a frost could hurt.

"Of course farmers are always complaining," he laughed. "It's too hot, too cold, too wet, or too cold."

The market kicked off with music by the Celtic Fiddle and County band led by fiddler John Kukoly, who himself will be selling cherries at the market later in the season.

The Market Bucks weekly draw continues as popular incentive, said Ball as he watched people drop ballots in the box up from his booth.

The market opening tied into the 6th annual Pelham Mayor's Walk to promote use of local trails for walking and cycling.

The Pelham Active Transportation Committee and the Niagara Bruce Trail Club spoke to market shoppers about trails, the Niagara Circle Route.

It invited people to submit tell them about their favourite walking and cycling routes.

It's the committee's latest project. Last year, it compiled a top 10 list of problem walking and cycling areas in the town.

Committee chair Bea Clark said the list was submitted to the town and it is already acting on on many of the problem spots, she said.

For example, traffic calming measures such as flashing lights at St. Ann school in Fenwick and a traffic light in front of Glynn A. Green public school in Fonthill were examples of suggested actions.

Other problem areas include improvements for pedestrians in the downtown such as a traffic light at Pelham St. and Church Hill and improvements at Regional Rd. 20 and Pelham St.

Clark said people love the Steve Bauer trails want to ensure they are well maintained and links improved. They would also like to see a cycling link with Thorold.

Mayor Dave Augustyn with the help of Coun. Debbie Urbanowicz and Coun. Dave Emmons lead the 6th Annual Mayor's Walk along two routes of two kilometres and seven kilometres on the Steve Bauer trails.

Augustyn said the walk encourages the use of Pelham extensive trails and encourages good health habits.

WAYNE CAMPBELL Staff Photo
Pelham Farmers' Market opened for the season Thursday with all stands filled by local vendors. They offered a mix of fruit such as apples, vegetables including early asparagus, honey, grape juice, cheese, baked goods, chocolate desserts and hamburgers, sausages and other prepared dishes. The market continues until the end of October each Thursday evening in Pelham Town Square in Fonthill.

Community services manager Vickie vanRavenswaay with help from her Lincoln counterpart Janice Makepeace led a demonstration of urban poling.

The cross-country skiing technique increases the intensity of exercise for those using the poles for walking.

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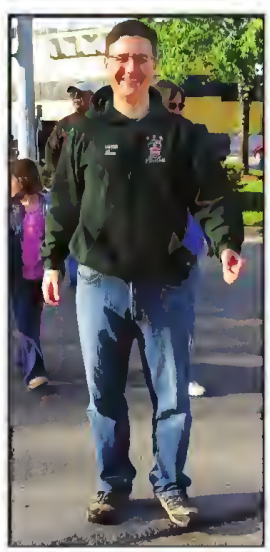

WAYNE CAMPBELL Staff Photo
Mayor Dave Augustyn leads the sixth annual Mayor's Walk, Thursday. Two groups, one lead by the mayor and the other by Ward 1 Coun. Debbie Urbanowicz, covered one of two routes along the Steve Bauer Trail.

WAYNE CAMPBELL Staff Photo
Bea Clark, right, chair of the Pelham Active Transportation Committee, holds a disc the committee gave out during a promotion at the opening of Pelham Farmers' Market, Thursday that was tied to the sixth annual Pelham Mayor's Walk. Looking over a map of local walking routes are committee members Dave Swan and Bob Fish along with Trudy Senesi of the Niagara Bruce Trail Club.

comment

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perspective

Wayne Campbell
EDITOR

Slow down on our roads

Well fellow drivers, have we got the message to slow down yet?

Over the past few years, we've seen traffic lights, flashing lights, highway islands, and crosswalks pop up.

Over the next few months, we will see the downtown streets of Fonthill and Fenwick redesigned to encourage us to ease off the pedal.

As Catharine King, chair of the Pelham Community Policing Committee, points out rural Niagara has become notorious for collisions.

Many happen on clear sunny days because drivers speed up on the open road. They fail to notice cars coming out of side roads and driveways as well as pedestrians, cyclists and farm equipment.

In Pelham, motorists cruising along Canboro Rd., Pelham St. and Regional Rd. 20. fail to ease up they as they enter Fonthill and Fenwick. Children, seniors, joggers and cyclists have felt the swoosh of passing cars and much more.

To prevent tragedies, we're seeing more local "traffic calming" measures.

In the past few weeks, a traffic signal light with bright new crosswalks turned on at Pelham St. and Port Robinson Rd. to protect children crossing to Glynn A. Green elementary school.

Down in Fenwick, flashing yellow lights went up in front of St. Ann Catholic School to alert and slow traffic on Canboro Rd.

Last year, Niagara Region put signal lights at Regional Rd. 20 and Effingham St. as well as rebuilt a visually tricky corner.

It also put one at Regional Rd. 20 and Lookout St. to allow seniors and other pedestrians to cross between apartments, seniors complex and plaza.

Farther down the road, the region has erected lights at Station St. and Cataract Rd, installed traffic islands and brightened crosswalks.

All this has been done to tell drivers like you and me to focus on our driving, not our schedule.

■ **AVIATION:** Pioneer pilot gets the nod

Stamp to honour Rungeling on her 99th birthday

MARILYN DICKSON
For PelhamNEWS

In 2008, the East Canada Section of the Ninety-Nines, an international organization of women pilots, launched a plan to honour noteworthy Canadian women pilots.

Through Canada Post's Picture Postage program the Ninety-Nines have designed stamps that can be used as regular letter postage within Canada. The 2008 stamp celebrated Eileen Vollick's as Canada's first female licensed pilot and the 2009 one honoured Vi Milstead, who flew with the Air Transport Auxiliary during the Second World War and was Canada's first female bush pilot.

The 2010 stamp will honour Dorothy Rungeling and will be released on May 12, Dorothy's 99th birthday. Dorothy was involved in the first Canadian Section of the Ninety-Nines and served as Governor in the mid 1950s.

Born in 1911, Dorothy was not a typical female in that she rode a motorcycle as well as horses. She trained horses and judged horse shows, unusual activities for young women of the times.

Dorothy admits to being very nervous during her first flight, but then determined to overcome her fear. At first she was just going to continue lessons until she soloed, but by then the flying bug had settled in.

She completed her private license in 1949 at the Welland airport. Seeing how serious she was about flying, Dorothy's husband Charlie didn't want her flying an old airplane so he bought her a new Luscomb for $2,500. To build time for her commercial licence, Dorothy set out for Cuba with a group of pilots. Her navigation ability improved significantly when she became separated from the group.

Dorothy later owned a Cessna 170, Cessna 172, Piper Pacer and then a Beech Bonanza airplane.

After completing her instructor rating, Dorothy instructed part-time and got a charter to set up her own business at the Welland-Port Colborne Airport.

But, in Dorothy's words, "Seeing dark clouds on the horizon, I gave up the idea when I ran into opposition from an existing flying club."

A major activity of some of the American Ninety-Nines was air racing, which Dorothy embraced with a passion. Seven times she competed in the Women's International Air Race, also called "the Angel Derby", an air race of approximately 1,600 kilometers between the United States and another country (Canada, Mexico or the Caribbean). Her team often placed in the top 10.

Dorothy competed three times in the All-Woman Transcontinental Air Race (AWTAR), sometimes referred to as the Powder Puff Derby, usually about a 4,300 to 4,400 kilometer course across the U.S. Dorothy's co-pilots included other well known Canadian pilots, Lorna deBlicquy and Felicity McKendry. Teams often dressed alike. Her favourite outfit was the year she and her co-pilot wore matching dresses and aprons with the caption "To hell with housework."

In Canada, Dorothy competed for the Governor General's Cup, a short course at the Canadian National Exhibition based on precision flying. She won the cup in 1953 and 1955. All other competitors were male. Through Dorothy's weekly aviation column in the Welland Tribune and articles in Canadian aviation publications, she stimulated public interest in aviation. Twice she won the Air Industry and Transportation Association of Canada Award for her aviation articles.

see **DOROTHY** | A5

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Supplied photo

The stamp celebrating Pelham aviation pioneer Dorothy Rungeling.

■ DOROTHY

A long list of honours

FROM PAGE A4

Her writing also led a helicopter distributor to offer her free lessons if she wrote about the experience from a fixed wing pilot's point of view. Of course Dorothy welcomed this opportunity and had lessons on the Bell 47G-2 helicopter until she soloed. However, with no prospect of a job, she didn't continue lessons. Though she gave up flying years ago, she continues to write. I wonder if she's hoping to be offered lessons flying the space shuttle.

Since turning 90, Dorothy has written and published four books, The Road to Home, It's Fun to Grow Old, The Flying Housewife and The Life and Works of Ethelwyn Wetherald, Dorothy's mother.

During the past few years, Dorothy has also continued to instruct as she has shared her computer skills and knowledge with other seniors. Dorothy was honoured by the 99s during International Women's Year when she received the Amelia Earhart Medallion.

In 1999, her greatest supporter, Dorothy's husband Charlie, sponsored her induction into the International Forest of Friendship, a beautiful park in Atchison, Kan., that celebrates contributions to aviation by people from many countries.

In 2003, Dorothy was appointed Member of the Order of Canada. She was astonished at the 2008 Niagara Central Airport air show to hear the announcer say that the Snowbirds heart formation was dedicated to Dorothy Rungeling.

And now in 2010, Dorothy's son, three grandsons, five great grands, friends, neighbours, aviation afficionados and Ninety-Nines can celebrate Dorothy's contribution to aviation by mailing letters bearing a Dorothy Rungeling stamp.

Designed by Ninety-Nines member Suzanne Wiltshire, the Dorothy Rungeling stamp features a portrait of Dorothy. In the background we see a Bell 47G-2 helicopter.

The stamp is available in three forms. Domestic Postage sheets of 40 can be used as regular letter postage, even after the rate increases — $46. These sheets are intended for anyone wanting to use the stamps as regular postage. The 8 1/2 X 11 Keepsake sheet features 21 regular-sized stamps plus one large picture of the stamp — $32. The Keepsake sheet looks very nice when framed.

A limited number of First Day Covers are available for $5 each. They will be of particular interest to the stamp collectors among your friends and family.

Sheets of 40 stamps, Keepsake sheets and First Day Covers may be ordered by mail from Bev Fraser, Box 56060, Fiesta Outlet, Stoney Creek, ON, L8G 5C9.

An additional $3 cost will be required for mail orders. Please note that Dorothy Rungeling stamps are not available at Canada Post outlets.

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■ **RECIPE:** A tasty dip for the long weekend

Fresh herb and crab dip for the weekend

Just in time for the long weekend.

This recipe is a lovely make ahead dip that will last for two days while covered in the fridge.

The fresh herbs and lemon juice celebrate the upcoming warm season, and the crab adds a wonderful level of sweet richness.

To lighten the calorie count light versions of cream cheese or sour cream may be substituted easily. Serve with crudités and chunks of fresh baguette and maybe even a little white wine.

Ruth Nixon
WHISKING WITH RUTH

FRESH HERB AND CRAB DIP

Ingredients

8 oz frozen crabmeat, thawed

2 tbsp extra-virgin olive oil

¼ cup minced shallots

4 cloves garlic, minced

½ tsp salt

¼ tsp pepper

¼ tsp nutmeg

⅓ cup dry white wine

1 tbsp freshly squeezed lemon juice

2 tsp fresh tarragon, chopped finely

¾ cup cream cheese, cubed and softened

¼ cup sour cream

¼ cup minced fresh parsley

¼ cup minced fresh chives

¼ cup diced fresh sweet red peppers

Method

Place crab in sieve; pick through and remove any cartilage. Gently squeeze out excess moisture; set aside.

In saucepan, heat oil over medium-low heat; fry shallots, garlic, salt, pepper and nutmeg, without browning, until softened and fragrant, about 4 minutes.

Add wine, lemon juice and tarragon; boil over medium heat until reduced by half, about 3 minutes. Pop in fridge to cool.

In bowl and using fork, blend cream cheese with sour cream; add shallot mixture, crabmeat, parsley, chives and red pepper, mixing well. Scrape into serving dish.

■ **ART:** Items from recycled materials on display

In the Orchard shows off arts

Pelham NEWS Staff

In the Orchard Programming for the Arts showed off on Saturday.

The non-profit organization, which creates art programs to assist young people across Niagara, opened an exhibition of art pieces made from recycled materials.

In the Orchard operates out of The Happy Place Arts Studio on Pelham St. in downtown Fonthill. The studio has undergone a major renovation with the help of Niagara College's Many Hands program.

Saturday's open house was a chance to show off progress of both the renovations and an In the Orchard program.

"We had about 30 people come in to see how we are doing," said executive director Angie Geiss.

WAYNE CAMPBELL Staff Photo
Andi Beecroft, a volunteer with In the Orchard Programming for the Arts, paints an owl on the floor of the newly renovated Happy Place Studio during an open house Saturday.

Young people in the Art-2 program have taken clothing, shoes, records and other items donated to the Salvation Army, which it could use, and turned them into pieces of art.

"It would have ended up in landfill sites, so we're recycling," she said.

The Many Hands project involved on-the-job instruction of students in the construction program support by the engineering and marketing programs.

"After four months, we are glad to be back here," said Geiss who is preparing for a summer art camp program.

"The Many Hands people did a great job," she said. "And many of the students have joined In the Orchard as volunteers once they saw what we were doing."

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Giving kids a chance

For Pelham NEWS

The cold weather did not damper the generosity of participants and sponsors of the Second Annual Pelham Mayor's Gala held at Peninsula Lakes Golf Course on Saturday.

The black-tie event raised $25,100 (net) for Konnecting Kids and included a dinner, dozens of silent auction prizes, an activity auction, and talented Pelham-based entertainment.

"I am so grateful to the sponsors, donors, participants, and volunteers of this Second Annual Gala," said Mayor Dave Augustyn.

"Because of their generosity and support, kids in need will have the opportunity to use their talents and follow their interests – for art, for sport, for music – to their fullest potential."

The Second Annual Mayor's Gala included an Marché-style dinner, a silent auction with nearly 100 items donated by local and regional businesses, and an activity auction – where donors could directly fund activities like music lessons, camp fees, and sport registration fees for needy children.

Chantal Volchert, a 14-year-old Pelham youth, gave an impassioned testimonial on how the Konnecting Kids program has positively impacted her life.

The gala featured Pelham musical talent including Mark Lalama, a composer, producer and musician, Greg Holmes, playing a "stick-Guitar" during the cocktail hour, and Jim Casson, who assembled an All-Star Gala Band for the party at the end of the night.

Elite sponsors for the event included: ABC Recreation Ltd, AECOM, Charter Building, CIBC, Custom Cart Services, Einstein's Art & Home, Lafarge, Meridian Credit Union, Niagara College, Peninsula Lakes Golf Course, Quartek Group Inc., and Walker Industries.

The volunteer organizing committee included Jordan Arcaro, Jean Bancroft, Betty Brown, Ian Hamilton, John Nicol, Ruth Nixon, Susan Wink, and Paul Winkler.

A special partnership fund established in 2001 by the Town of Pelham and Pelham Cares, Konnecting Kids allows a Pelham youth whose family has limited financial resources to participate in recreational, cultural and educational programs.

Last year's Inaugural Mayor's Gala was one of Pelham's most successful fundraising events, raising $22,700 (net) for "Project Pelham Cares" – a permanent location for Pelham Cares services.

Supplied Photo

Gail Hilyer, president of Pelham Cares, and Chantal, a Konnecting Kids beneficiary, receive cheque from Mayor Dave Augustyn during second annual Mayor's Gala Saturday at Peninsula Lakes Golf Course.

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■ **MUSIC:** Spring Concert showcases students

WAYNE CAMPBELL Staff Photo

E.L. Crossley Secondary School's concert band performs during the school's annual spring concert May 6. Students played in an informal setting in the school's cafeteria. The concert highlighted the school's music program. The concert band will compete in Music Fest Canada's National competition in Ottawa May 21.

Staff Photo

E.L. Crossley students from the Vocal Class perform at the schools Annual Spring Concert in the cafeteria last week. The event features students from a number of branches in the music program.

Bound for nationals

WAYNE CAMPBELL
PelhamNEWS Staff

E. L. Crossley's Concert Band played at the school's Annual Spring Concert last week.

Usually it's the finale of the season, but this year it was a warm-up.

The concert band is heading for the 38th annual MusicFest Canada Nationals in Ottawa on Friday May 21.

It's the first time in more than a decade the Crossley band has gone to the national event which features more than 50 concert bands from across Canada.

During the week, thousands of students will perform in the National Arts Centre in various musical categories.

The Crossley band won a position at the nationals after receiving a gold medal standing at a recent regional event in Mississauga.

Crossley has qualified before in the past decade, said teacher and music director Dave Gaines, however, the nationals rotate around Canada in cities such as Halifax and Vancouver.

"This is close enough for us to go," he said, "otherwise it's too expensive."

He will take 42 students to the event. While it runs for a week, Crossley will be there for two days.

In addition to the competition, MusicFest includes workshops presented by its adjudicators.

It's an excellent educational opportunity for the music students as well as exposure to university music professors from across North America, said Gaines.

The music program at Crossley involves about 200 of the school's 800 students run by Gaines and music teacher Janine Barber.

Many of the students performed in the Spring Concert in the school's cafeteria as part of the Concert Band, Vocal Class, Jazz Band or Percussion Ensemble.

The annual spring concert went very well. The cafeteria provides an excellent acoustical setting, Gaines said.

"The concert was a little more informal this year," he said. "Many of the students were heavily involve in the production of Urinetown so we made this a casual opportunity for parents for listen to the students."

Urinetown: The Musical was Crossley's first major musical in 10 years and was preformed at the end of April at Ridley College's auditorium.

Another section of the music program is about to hit the road.

The E.L. Crossley Marching Band begins its season at the Fenwick Lions Carnival Parade on Friday, May 28.

It will perform in parades across the region ending with the Canada Day parade in Fonthill on July 1.

wcampbell@wellandtribune.ca

■ **BUSINESS:** New menu, bistro style introduced

Cafe on Main officially opens Fonthill branch on Pelham St.

WAYNE CAMPBELL
PelhamNEWS Staff

Cafe On Main-Fonthill fits right in with a community improvement plan for downtown Fonthill, said Ward 3 Coun. Peter Papp at the official opening of the new coffee spot on Pelham St. last week.

It has an upbeat European style that will draw people into the downtown and encourage an upscale look for the soon-to-be-redesigned street, he said. The street redesign will narrow traffic lanes, widen sidewalks and encourage walking over driving.

Meanwhile, a community improvement plan will offer Pelham St. property owners incentives, such as deferred assessments and grants, to upgrade properties to match street improvements.

Patti Fagan, the owner of Cafe On Main, said during the four months of operation her Fonthill branch has done well.

"Saturday and Sunday morning breakfasts have been very popular," she said.

This is Fagan's second outlet. The first is on East Main Street in Welland where over the past three years she has developed the Cafe-On-Main business concept. She plans to use the Fonthill outlet as a test for a shift from a deli to a bistro-style table service format. After it's developed in Pelham, she will introduce it in Welland.

On Monday she will bring in a new menu of "whole food cuisine inspired by Mother Nature." Among items on the menu are Main Street salad, homemade hummus and vegetable and couscous stew.

During the opening night, Welland entertainer Katey Gatta played and sang Beatles selections. The Centennial student also works at Cafe On Main.

"We will have entertainment on Thursday nights for now, switching to Wednesdays when the Fonthill Bandsbell's Thursday Night Concerts are on," said Fagan.

The cafe is open Monday to Friday from 8 a.m. to 8 p.m., Saturday 8 a.m. to 3 p.m., and Sunday 9 a.m. to 2 p.m. It's website is www.cafeonmain.ca.

WAYNE CAMPBELL
Staff Photo

Ward 3 Coun. Peter Papp, left, marks the official opening of Cafe on Main — Fonthill on Pelham St., with singer and cafe employee Katey Gatta and cafe owners Patti and Paul Fagan. The cafe will introduce a new menu, bistro-style table service and Thursday evening entertainment.

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■ **HEALTH:** Research into heart and stroke problems

WAYNE CAMPBELL Staff Photo

The Lookout Ridge Retirement Community team rides the Heart and Stroke Foundation's Big Bike in the Pelham Town Square in a fundraising event last week. The annual event raised $13,300 this year for the Heart and Stroke and is one of 13 rides in Niagara this year shooting for $214,000.

Big Bike rides off with $13,000

PelhamNEWS Staff

Big Bike riders in Pelbam sweated out $13,300 for the Heart and Stroke Foundation last week.

Tbe annual event raised less than last year's $14,132 but moved the foundation a little closer to its Niagara goal of $214,000, said area manager Susan Chouinard.

Teams from Lookout Ridge Retirement Community, the Town of Pelham, Fonthill Post Office, Sobeys, the Fenwick Lioness and Lions clubs, Herbal Magic Fonthill, Fonthill Lions Club and Curves took turns mounting the 30- seat bike.

They took spins from My Place Bar and Grill in the Fonthill Shopping Centre, around Pelham Town Square with a loop down Station St. and Regional Rd. 20.

Each rider contributed a minimum of $50 and 12 events were planned for Niagara during the 2010 fundraising drive.

Since 2001, wben the annual Pelham ride began, the Big Bike drive has raised $65,819 for the foundation.

The foundation in Ontario contributes to 290 research projects into heart disease, services to those recovering and advocacy of a bealthier lifestyles.

Research accomplishments include: the pacemaker and the implantable defibrillator; testing of clot busting and blood thinning drugs which have reduced deaths from heart attacks by balf; perfection of surgeries to turn the survival rate from of open heart surgeries to normal from slim; and heart treatments including surgeries used in the womb, saving the lives of babies.

The foundation is watching closely a bill in the Ontario legislature.

It would make automated external defibrillators mandatory in public places in the same way fire extinguishers are, said Chouinard.

"You can increase a person's survival rate by up to 50% when AEDs are used in combination with CPR," she said.

The bill was in second reading last week and seemed to have the support of all political parties, she said.

AEDs are already in most arenas and many scbools in Niagara, said Chouinard.

Previous lobbying efforts led to Ontario's Smoke Free legislation. Tbe foundation is lobbying the federal government to remove trans fats from foods.

Chouinard said the Bike Big not only raises money but also raises the profile of the Heart and Stroke Foundation with its unusual presence on roads and streets.

In Pelham, it caught the attention of those attending the opening of the Pelham Farmers Market as well as shoppers in the plaza and commuters returning home along Regional Rd. 20.

■ **CAR WASH:** E.L. Crossley track team to host fundraiser Saturday

Supplied Photo

The E.L. Crossley Track & Field team is hosting a fund raiser on May 15 at E.L. Crossley School on Highway 20 from 9a.m. - 3p.m. The money raised will be used to purchase new pole vault mats, as they cost over $3000, and pay off the team suits. Many Crossley athletes progress to OFSAA each season and with your generous donations you will assist our athletes in achieving their potential with proper equipment. We ask the community to come together and support the car wash in any way possible.

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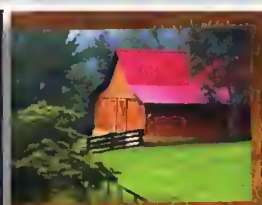

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Smuckar Foods of Canada Co. - Homa of Bick's in Dunnville is currenlly recruiling for a variety of seasonal plant positions for this years' fresh pack season which runs approximataly from July to Octobar. If you are intarest in joining our taam wa offar:

- $10.25 per hour
- Need to be available for all shifts (days, aftarnoons and nights)
- Will be required lo work weekends

Applications or resumes will be accepted at the Main Plant, 701 Broad St. East, Dunnville

Sales A860

ANH Refractories Canada Inc.
Smithville, ON location

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We are currently seeking a Bilingual Customer Service Representative (Inside Seles). The position is full time and eveileble immedietely.

The Candidate must:

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- Heve good communicating skills
- Pay close attention to details
- Have the ability to multi-task in a fast paced environment
- Have good phone etiquette and business acumen
- Have own trensportation es public transit is not evaileble.

In general, our company works with local and international steel companies. We provide refractory cement, cement shapes, mortars end some services. The candidete will be working directly with our Ontario and Quebec sales team as well as general management from our Pennsylvania Head Office.

We will be eccepting resumes until Mey 21st, 2010.

Please forward resumes to:
ANH Refractories Canada inc.
RE: Customer Service Position
P.O. Box 160
Smithville, ON L0R 2A0

Notices A910

Notice to the former patients of Welland Rehab Centre,
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located in the Welland General Hospital

Welland Rehab Centre, located in the Wellend Generel Hospital, Niegera Heelth System, 65 Third St., Welland ON, L3B 4W6 is closing effective May 14, 2010. All patient records will be securely maintained et e central storege location for e period of 10 years from the time of the last treatment recorded, according to CBI Health's file retention policies. Requests for access to or copies of eny portion of the original physiotherapy record for legal or other purposes should be made in writing and be accompanied by the signed authorization of the petient. Access requests should be sent to the Ontario Regional Office, at the following address:
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■ **EDUCATION:** Co-op student tells her story

Fonthill Paint and Decorating gives Crossley student a chance to design her future

JANINE DOEKES
For PelhamNEWS

Want to redecorate your space? Come to Benjamin Moore, Fonthill Paint and Decorating located at 96 Hwy. 20, beside Sobey's. Fonthill Paint and Decorating provides you with services of residential and commercial painting, hardwood refinishing, colour and design consultants, and wallpaper application.

I chose this particular co-op placement because I really enjoy decorating and working with people. There is a huge difference between working at a co-op placement and taking the related in-school course.

When I am at my co-op placement everything is hands on and you experience everything for yourself. I do a variety of tasks Fonthill Paint and Decorating.

I place orders, count inventory, help customers, and of course, tint paint. My relationship with all my co-workers is really great. Everyone is very friendly and helps me whenever needed.

Supplied Photo

Janine Doekes, a Grade 12 student at E. L. Crossley Secondary School does a co-op at Benjamin Moore, Fonthill Paint and Decorating .

I have developed better communication skills and teamwork skills. I really do take great pride in my work because I feel like I am really a part of a great team and business.

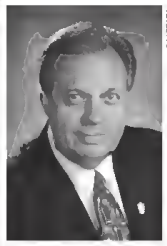
This September I will be going to Sheridan College to get an education in Interior Decorating. Being at Benjamin Moore has given me the experience that I can use in my future career.

I'd like to thank Chris Baxter for giving me the opportunity to see what it would be like to own and work at your own decorating store. I would also like to thank my co-workers who helped me grow by providing a wonderful experience.

So if you would like to liven up your space just come on down to Benjamin Moore, Fonthill Paint and Decorating.

About the placement: Fonthill Paint and Decorating has been at its current location for 20 years. They are currently planning a major renovation project at their current location. The new building will have a larger retail space and there will also be a larger parking area.

Janine Doekes, Grade 12 student at E. L. Crossley Secondary School, is currently taking a cooperative education course. Part of the in-school requirement is to write an article about her placement. Her article was chosen to be published.



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AROUND TOWN

SATURDAY, MAY 15

Pelham Historical Society open meeting 2:30 p.m. at Kirk-on-the-Hill, Haist Street, Fonthill. Tania Dennis will talk on The Mackenzie Printery. All Welcome.

Perennial plant sale and bake table from 8 - 11:30 a.m. at Fenwick United Church, 1050 Church Street in the church parking lot and church hall. Great choice of perennials and shrubs at a great price.

TUESDAY, MAY 18

Niagara Freewheelers Bicycle Touring Group wants you to join us for 25 easy kilometres. All welcome, no fee, starts 6:30 p.m. at Rockway Community Centre, Rockway. www.thefreewheelers.com

SATURDAY, MAY 29

Giant Yard, Plant and Bake Sale at First Presbyterian Church North Pelham from 8 a.m. - 1 p.m. 602 Metler Rd (corner of Metler Rd and Cream St), barbecue lunch beginning at 11 a.m. Something for everyone.

Around Town is a coming events service for non-profit groups in Pelham. Please make submissions by e-mail to pelhamnews@wellandtribune.ca or by fax to 905-732-3660.

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